

# USDA National Nutrient Database for Standard ReferenceRelease 27

## Nutrients: Vitamin K (phylloquinone) (µg)

Food Groups: Beverages  
Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: November 10, 2014 03:06 EST

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	40.0
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	29.2
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	25.0
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	24.9
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	21.3
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	19.9
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	19.2
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	19.2
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	18.9
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	12.5
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	2.6
14312	Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.3
14119	Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	1.2
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	1.2
14311	Malted drink mix, natural, powder, has milk	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1.1
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.1
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.8
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.8
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.8
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.8
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.6
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.6
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.5
14317	Malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.5
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.5

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14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	0.5
14644	Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.5
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.5
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	0.5
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.4
14296	Lemonade-flavor drink, powder	18.0	1.0 serving	0.3
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.3
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.3
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.2
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.2
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.2
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.2
14633	Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.2
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.2
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.2
14181	Chocolate syrup	39.0	1.0 serving 2 tbsp	0.2
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	0.2
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.2
14238	Cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.2
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.1
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.1
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.1
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	6.4	1.0 tsp dry	0.1
14631	Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.1
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.1
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.1
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	0.1
14262	Citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.1
43401	Coffee, dry, powder, with whitener, reduced calorie	1.7	1.0 tsp dry	0.1
14282	Grape juice drink, canned	31.3	1.0 fl oz	0.1
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.1
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.1
14236	Coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.0

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14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.0
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.0
14194	Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.0
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.0
14390	Cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.0
14341	Pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.0
14334	Pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.0
14327	Orange and apricot juice drink, canned	31.2	1.0 fl oz	0.0
14263	Citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.0
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	30.0	1.0 fluid ounce	0.0
14210	Coffee, brewed, espresso, restaurant-prepared	30.0	1.0 fluid ounce	0.0
14201	Coffee, brewed from grounds, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0
14209	Coffee, brewed from grounds, prepared with tap water	29.6	1.0 fl oz	0.0
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	0.0
14214	Coffee, instant, regular, powder	1.0	1.0 tsp	0.0
14203	Coffee, instant, regular, powder, half the caffeine	1.0	1.0 tsp	0.0
44203	Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.0
14627	Energy Drink, Monster	240.0	1.0 serving	0.0
14136	Carbonated beverage, ginger ale	30.5	1.0 fl oz	0.0
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.0
14646	Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	0.0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.0
14352	Tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.0
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.0
14641	Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.0
14166	Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.0
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
14219	Coffee, instant, decaffeinated, powder, prepared with water	29.9	1.0 fl oz	0.0
14090	Beverages, Coconut water, ready-to-drink	245.0	1.0 cup	0.0
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.0
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.0
14287	Lemonade, powder	18.0	1.0 serving	0.0
14638	Beverage, Horchata, as served in restaurant	228.0	1.0 cup	0.0
14155	Carbonated beverage, tonic water	30.5	1.0 fl oz	0.0
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.0
14323	Orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.0
43345	Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.0
14553	Wine, non-alcoholic	29.0	1.0 fl oz	0.0
14080	Beverages, NESTLE, Ovaltine, rich chocolate, powder	11.0	2.0 tbsp	0.0
14368	Tea, instant, unsweetened, lemon-flavored, powder	1.4	1.0 tsp, rounded	0.0
14269	Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.0
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.0
42270	Orange juice drink	249.0	1.0 cup	0.0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.0
14357	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated	23.0	1.0 serving (3 heaping tsp)	0.0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.0
14146	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.0
14651	Fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.0
14353	Tea, instant, unsweetened, powder, decaffeinated	0.7	1.0 serving 2 tsp	0.0
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.0
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.0
14408	Orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.0
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.0
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.0

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14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.0
14625	Energy drink, AMP	240.0	1.0 serving	0.0
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine, fast-food cola	30.7	1.0 fl oz	0.0
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.0
14223	Coffee, instant, with chicory, prepared with water	29.9	1.0 fl oz	0.0
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	29.8	1.0 fl oz	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.0
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.0
14156	Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.0
14429	Water, tap, municipal	29.6	1.0 fl oz	0.0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.0
14215	Coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.0
14555	Water, bottled, generic	29.6	1.0 fl oz	0.0
14083	Beverages, Chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.0
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0.0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.0
14277	Grape drink, canned	31.3	1.0 fl oz	0.0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.0
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.0
14075	Beverages, water, bottled, naturally sparkling (carbonated), mineral	240.0	8.0 fl oz	0.0
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.0
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	0.0
14264	Fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz 1 pouch, 200 ml	0.0
14147	Carbonated beverage, cola, without caffeine	30.7	1.0 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.0
14355	Tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.0
14026	Beverages, Energy Drink, sugar-free with guarana	480.0	16.0 fl oz	0.0
14629	Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.0
14144	Carbonated beverage, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure
14411	Water, tap, drinking	29.6	1.0 fl oz	0.0
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.0
14648	Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.0
14543	Lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.0
14068	Beverages, KELLOGG'S SPECIAL K20, protein water mix	14.5	1.0 packet	0.0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.0
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.0
14406	Fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.0
14297	Lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.0
14645	Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.0
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.0
14381	Tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.0
14640	Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.0
14157	Carbonated beverage, root beer	30.8	1.0 fl oz	0.0
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving 5 fl oz	0.0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.0	1.0 cup (8 fl oz)	0.0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.0
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	0.0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.0
14367	Tea, instant, unsweetened, powder, prepared	29.7	1.0 fl oz	0.0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants	240.0	8.0 fl oz	0.0
14267	Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.0
14148	Carbonated beverage, cola	30.7	1.0 fl oz	0.0
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.0
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.0
14356	Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated	1.6	2.0 tsp	0.0
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	0.0
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.0
14649	Hibiscus tea	237.0	8.0 fl oz	0.0
14541	Fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.0
14545	Tea, herb, chamomile, brewed	29.6	1.0 fl oz	0.0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.0